

## How You Can Help

- Schedule a Ready Set Go! presentation
- Conduct a “Speak Out” program
- Schedule a training and/or use the Mobile Technology Lab for a military kids’ event
- Sponsor a youth-focused program such as a Military Family Day
- Volunteer your organization to gather donations for Hero Packs to be presented to military kids
- Spread the word to other professionals and organizations who would be interested in partnering with OMK
- Want to get more involved? Become a member of the OMK State Team!

### To learn more about ways you can help, contact . . .

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or

[www.nhomk.com](http://www.nhomk.com)

[www.operationmilitarykids.org](http://www.operationmilitarykids.org)



## UNHCE County Offices

**Belknap County**  
(603) 527-5475

**Carroll County**  
(603) 447-3834

**Cheshire County**  
(603) 352-4550

**Coös County**  
(603) 788-4961

**Grafton County**  
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**Hillsborough County**  
(603) 641-6060

**Merrimack County**  
(603) 796-2151

**Rockingham County**  
(603) 679-5616

**Strafford County**  
(603) 516-8112

4-H Youth Development Only

**Sullivan County**  
(603) 863-9200

## Military Contacts

New Hampshire National Guard  
Child and Youth Program  
(603) 225-1215

Wing Family Program  
(603) 430-3545

Operation: Military Kids is a partnership of Army Child, Youth & School Services, 4-H National Headquarters/USDA, and University of NH Cooperative Extension. Operation: Military Kids-NH is supported by the 4-H/Army Youth Development Project under Kansas State University special project number 2007-48661-03868.

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## Operation: Military Kids OMK



**OMK ...  
Working Together to  
Support Military Kids and  
Their Families**

## What is Operation: Military Kids (OMK)?

When National Guard, Reserve, and other military families living in civilian communities become mobilized, their children experience the stress of being a military kid. These children have unique needs for special support and services, even though they still “look the same” to their friends and community. University of NH Cooperative Extension 4-H Youth Development partners with all branches of the military, American Legion, Red Cross, schools, the spiritual community, Scouts, Community Recreation Centers, New Hampshire Department of Education, Child Care Resource & Referral, Boys and Girls Clubs, and many other youth and family organizations to form the outreach effort called Operation: Military Kids (OMK). This program functions in 49 states.

### How Does OMK Work?

- A state 4-H Youth Development Specialist leads representatives from military and non-military organizations from across the state. This group makes up the OMK State Team.
- The OMK Team partner organizations work individually and collaboratively to reach out to military kids and accomplish OMK goals.



## Goals of OMK

- OMK collaborates with groups across the state to provide sustainable local support services to military youth before, during, and after their family members are deployed.
- OMK creates networks of support for the military children and connects them with other military and non-military youth through a variety of recreational, social, and educational programs.
- OMK works to raise community awareness and foster understanding about the impact of the deployment cycle on the military member, family, child, and the community.
- OMK organizations act as resources for military children and their families for things like summer camps, after school programs, youth councils, and more.

## OMK Program Components

### Ready Set Go!

**Ready Set Go!** is an OMK training program that can be requested by any group. It is designed to offer insight into military culture and the deployment cycle, offering ways to understand and meet the needs of military kids. This learning opportunity stimulates increased local support for these children and their families by providing participants an occasion to network and bring together available community resources.

## Speak Out for Military Kids (SOMK)

The **SOMK** “Speak Out” program is a youth-led, adult supported activity that seeks to give voice to, and educate others about, what it is like to be a military kid. Military and non-military youth join together to form a “Speak Out Team.” Then, using assorted means and media (e.g. interviews, written articles, photography, or DVD productions), the team creates a project which tells their story and is shared at various programs, events, camps, and organization meetings.

### Mobile Technology Lab (MTL)

The **MTL** contains video and digital cameras, laptops, scanners, printers, etc. and can be signed out by organizations for use on projects, trainings, or other events. It can also be used by military kids at after school programs, OMK camps, and school events to send pictures and DVDs to deployed loved ones.

### Youth Focused Programs

**Youth Focused Programs** encompass a variety of OMK events and camps for military kids and their families across New Hampshire. These programs provide opportunities for military families to get together, have fun, and offer support to one another in a safe, informal environment.

### Hero Packs

**Hero Packs** are backpacks filled with items that serve to thank military children for the sacrifices they and their families make and to help them keep in touch with their deployed loved one.